

The Five Astrological Archetypes of Relationships

*Discover Your Inborn Romantic
Strengths and Weaknesses
and How to Make The Most
of Them*

A circular zodiac chart with twelve signs (♈, ♉, ♊, ♋, ♌, ♍, ♎, ♏, ♐, ♑, ♒, ♓) arranged around the perimeter. In the center of the chart is a large, vibrant pink rose with many petals. The chart is drawn with thin lines and is set against a dark purple background.

Carol Allen

Vedic Astrologer & Relationship Coach

The Astrological Archetypes of Relationships

All of us have inherent personality traits that are inborn. I like to say we're all "preloaded at the factory." Then life tends to enhance or hinder these natural tendencies within us, making them stronger or weaker in our personality as we go through life.

When it comes to romantic relationships, there are five personality types that I see over and over that contribute to a woman (or man) being and STAYING single, or not having as much fulfillment in love as they could.

Knowing your "Relationship Archetype" can help you to recognize how you, in fact, participate in your romantic results. You see, your archetype has everything to do with how you interact with and respond to others, see relationships, and experience dating and mating in general.

Having this ability to see this about yourself is extremely helpful in understanding what you need to do about it to change your life, and helps to take the "blame and shame" out of the situation. Instead of blaming yourself for being sensitive, or a homebody, or a career woman, for example, you can see that this is a big part of your emotional "wiring," and therefore your DESTINY, to be this way.

It's common to relate to more than one of the five archetypes. Some of them naturally go together, as you'll see.

Many people also tell me that they relate to different archetypes at different times in their life, depending on their stage of life or life circumstances.

So, don't feel like you have to know which of the five you are to the exclusion of the others. You may relate to them all. You may feel you're a mix of two or three. You perhaps were more one of the archetypes in the past, and are now another because of your age or situation.

Not only that, but you experience different astrological phases that activate different aspects of your life, enhancing or suppressing your ambition, your introversion or extroversion, or your desire for a relationship. Sometimes you're more successful professionally because of this than at other times. Sometimes you're more into nesting and aren't so ambitious as a result.

I find that just by hearing about the archetypes, most people know INSTANTLY which ones are part of their personality, and which one or ones are dominant. They don't need to understand the astrological aspect of it to understand who they are.

But a great gift of astrology is what I already said – it takes the "blame and shame" out of the situation, allowing you to be more of a witness to yourself, giving you emotional distance on things, helping you to do what you need to do to shift your life for the better.

So, without further ado, the archetypes...

The Lady In The Tower, a.k.a. The Best Kept Secret in Town

This woman REALLY likes her alone time. If this is you, you love being by yourself, though you think you want a relationship. You've usually been very hurt in the past, which made you GO INTO the tower in the first place (which we all need to do after a heartbreak and is healthy) but then you STAYED THERE too long, and got too cozy. Sometimes many years – even over a decade – pass.

What she's afraid of... If this is you, you're afraid if you venture out, you'll lose your tranquility, or get hurt again. You're busy with your work and the rest of your life (you may be divorced and raising kids by yourself) and you don't want to sacrifice your cherished time. You're afraid of losing the hard-won fulfillment you've got. You LOVE your tower...

What she needs to do... "The lady in the tower" needs to decide if she really wants a full relationship, and she needs to recognize she's getting big PAYOFFS from being alone. If this is you, you get lots of sympathy, it's just easier, no one's telling you what to do, you can make your own goals your focus, you don't have to compromise anything, etc...

You need to figure out what it would take to be WORTH giving up those payoffs... If you decide that the payoffs of being with someone would be better than those of being alone, then you need to COME OUT OF THE TOWER. Do so first with friendships with other women, or joining groups dedicated to things you love in which dating or relationships can happen organically. You need to recognize that you don't have to LOSE the things you love to have a relationship. But you DO need to make some effort.

The kind of man she needs... A healthy man that is worth coming out of the tower for – who will add to her life, and share in her tranquility – not cause her any drama, insecurity, or pain. (Which would only make her go right back into the tower...)

The Career Woman

If this is you, you've been busy getting your degree, or building your business, or climbing the company ladder. You work INTENSE hours, and your priority is your career, though you SAY you want a relationship. When you do date, you tend to think and talk about work a lot. You collapse on Friday nights at home, thinking you don't have time to date because of your job.

The problem? 70% of career women that never marry or have children later

regret it...

Studies of women the WORLD OVER say the thing that makes them the happiest – is MOTHERHOOD...

What she's afraid of... If this is you, perhaps you saw your mother dependent on your father OR you were once dependent on a man and he let you down. Or growing up, you were rewarded for your performance and achievements, more than for WHO YOU WERE as a person. You grew up wanting to be like "dear old Dad..." Or like any of the archetypes, you may just be terrified of intimacy and keep yourself busy, busy, busy to avoid it.

What she needs to do... If this is you, get honest with yourself about whether or not you want a relationship as well as a career. And then MAKE THE SPACE and the time for it. Women who end up married but also have BIG CAREERS make their personal lives a priority, and say a career woman that claims she can't find love because of her career is lying to herself – that it's a COP OUT. These women still managed to be "women on a mission."

Give it the energy - make yourself CEO and PRESIDENT of your personal life. And then find a man who celebrates your career and is proud of you. You can have both, you just have to be committed to both.

The kind of man she needs... A man who celebrates and supports her career, isn't threatened by it, and appreciates her accomplishments and ambition. He may or may not have a big career himself.

A side note about "the career woman." **Women with careers and college or even upper graduate educations are actually MORE LIKELY to marry than women who are less educated, and less successful.** This is a first in history - not the case even just thirty years ago. Men are no longer marrying down. Executives are no longer marrying secretaries, they're marrying other executives. **The higher your income, the higher your chance of marrying, the less your chance of divorcing, and the higher women report being happy in marriage.** So have a career – just don't let it be YOUR WHOLE LIFE if you also want to marry.

The Masculine Woman

This is a woman whose inborn nature is more masculine than feminine. If this is you, you'll EMOTIONALLY have classic "alpha" qualities – **you're independent, opinionated, ambitious, strong. You don't NEED anything from anybody.** You'll subconsciously be more male even when WITH men – giving them advice, telling them what to do, making the decisions, "calling the shots."

Men will feel unnecessary, emasculated, or unappreciated by you – because you don't SEEM like you need what they've got! (Though of COURSE you really do!)

What she's afraid of... The masculine woman isn't necessarily afraid – if this is you, you're just acting out of your nature, and need to understand what else to do that would work BETTER WITH MEN. If you are afraid, it's your *fear of being vulnerable* and NEEDING others that keeps you so IN CHARGE and strong. You may not realize that it takes incredible strength to be vulnerable and that if you're selective and know what to watch out for, and give relationships a healthy "trial" process, then it's safe, and CRITICAL to trust others.

What she needs to do... If you think this is you, you need to get more in touch with your feelings, start relating more from your feelings. Work on just BEING and SLOWING DOWN. Stop giving your opinions, and instead ASK MEN for theirs. Say YES to all help offered by men.

Examine your need to HELP men, or BE IN CONTROL. There's an excellent ebook and newsletter at www.havetherelationshipyouwant.com in which relationship coach Rori Raye has AMAZING advice about how women can get more into their bodies, get into their hearts, relate to men more as women, etc.

The kind of man she needs... May be more feminine in his personality – the "yin" to her "yang," the "beta" to her "alpha." That kind of man is her compliment, and who she will most likely attract and connect with (though she has to be careful not to emasculate him or disrespect him). I have an entire chapter on how to happily navigate these "role reversal" relationships in my eBook, "Love Is in the Stars."

The Highly Sensitive Woman

This is an inherited trait, every bit as genetic as hair color or eye color. In other words, it's not her fault! There are some fantastic books on the topic, and a wonderful website at www.highlysensitivepeople.com. This inherited trait is apparently present in only 15 - 20% of the general population, but I find it's much higher in single women, and has a huge impact on her BEING and STAYING single...

The main problem in terms of dating and relationships for you if you suspect you're highly sensitive, is that you likely take it all too hard, get too discouraged, suffer too much, take everything too personally, and have such thin skin.

If this is you, you're so vulnerable and open emotionally that when you do feel a connection to a man, it's usually BIG and FAST. So, **you'll bond too quickly and too deeply to men you don't really know or trust yet, opening yourself up to getting hurt, only reinforcing your sensitivity.** Highly Sensitive Women are very passionate, and so if this is you, you can't separate chemistry from what a man is showing you – you'll get “blinded by love...”

What she's afraid of... Getting hurt, and losing herself!

What she needs to do... First you need to GO SLOW. You shouldn't get physically intimate with a man for a WHILE. You've likely gone through life feeling “different” or like something is WRONG with you. Because it's only 10% of the population, many people throughout your life have been mystified by you – family, friends, bosses, teachers, etc. have told you your whole life that you need to GET OVER IT and STOP BEING SO SENSITIVE. (Which is like telling someone with blue eyes to STOP having blue eyes!) But guess what? You HAVE to honor this about yourself, and so you REQUIRE relationships that honor this about you. You HAVE to have a partner who understands. You MUST have a lifestyle that works with it, with time in nature, nap time, alone time, an orderly environment – it's as vital to you as breathing...

The kind of man she needs... He is sensitive to her sensitivity. He's nurturing and understanding, and doesn't try to get her to “buck up” or “get over it.” He doesn't mind accommodating her feelings and physical needs because he appreciates that they are valid and very real.

The Woman Who Believes Love Is Hard

This last archetype is the toughest and often the most painful. This is the woman who thinks, or worse DEEPLY BELIEVES (albeit usually unconsciously), that LOVE IS HARD. Because of this, **if this is you, you'll go for “the impossible” situation over and over. You'll date unavailable men, married men, addicts, men who won't commit, men who live far away, men who are cruel, etc.** You tolerate WAY too much bad behavior or stay way too long in relationships in which it's clear (to everyone ELSE) that you can't (or WON'T) get your needs met. Deep down you don't believe you can have more, or that more exists... And when you DO find men that adore you or are really available, you find that it makes you uncomfortable and you don't like it.

If you're this woman you typically had a tough childhood – you didn't get enough attention, affection, and love from your parents or see enough BETWEEN your parents, or both. The work of Harville Hendrix, author of *Getting The Love You Want* and *Keeping The Love You Find* and founder of Imago therapy has excellent resources for this that you can find at www.gettingtheloveyouwant.com.

What she's afraid of... Deep down, if this is you, you're afraid you're unlovable. And you're afraid of getting hurt. Ultimately, you're in a battle with your own ego – so you're also afraid of losing. You're desperately trying to PROVE to yourself that you're lovable, that you can GET HIM to love you – the guy is almost incidental.

What she needs to do... This archetype needs the most help. Because this is so DEEP-SEATED, and UNCONSCIOUS, if this is you, you need ongoing therapy, REPROGRAMMING, and/or hypnosis. There's an excellent kind of therapy called EMDR which I've seen be truly miraculous. (Which stands for "Eye Movement Desensitization and Reprocessing" –and works like magic to help release traumatic memories, change behavior patterns, and overcome addictive and compulsive behaviors.) There's a book on it called *EMDR – The Breakthrough Therapy for Overcoming Anxiety, Stress, and Trauma* by Francine Shapiro.

I'm also a huge fan of subliminal CDs and highly recommend one for changing your subconscious beliefs called "Attract Love" by Kelly Howell at www.brainsync.com.

If you find you're WORKING WAY TOO HARD in a relationship, STOP and GET SUPPORT.

* * * * *

It's my sincere hope that you have a greater idea of your core strengths and weaknesses and how to make the most of them! For more information on the Archetypes, and how to astrologically diagnose yours, be sure to check out my program about it all called "Single Syndrome – The Five Astrological Archetypes Keeping You Single and How to Overcome Them" here: www.soulmatestars.com/singlesyndrome.

Much love,

Carol Allen

www.loveisinthestars.com